

# A Decade of Discovery

ANGARI Foundation toasts ten years of marine science, education and exploration

A milestone year calls for a celebration with depth—and for the ANGARI Foundation, that celebration dives straight into the ocean of discovery.

The West Palm Beach-based nonprofit is marking 10 years of advancing marine science research and education with an annual celebration, inviting supporters, scientists, and ocean enthusiasts to gather for a night dedicated to the future of marine exploration and STEM education.

The event commemorates a decade of impactful work connecting the public with the wonders of the ocean while supporting meaningful scientific research across Florida and The Bahamas. Over the past ten years, ANGARI Foundation has built a reputation for blending research, technology, and education to inspire curiosity about marine ecosystems and the scientists who study them.

Guests will have the opportunity to step aboard the R/V ANGARI, the Foundation's impressive 65-foot research vessel, during exclusive tours. The vessel serves as both a floating laboratory and a hands-on classroom, supporting marine research expeditions and educational programs for students and scientists alike.

Following the tours, the evening continues with a seated fine wine and food, accompanied by live entertainment and an engaging program highlighting science and STEM success stories made possible through the Foundation's initiatives. An online silent auction will also add excitement to the celebration.

Proceeds from the evening will support ANGARI's ongoing research expeditions, scientific learning initiatives, and immersive education programs, in-



ANGARI FOUNDATION / COURTESY PHOTOS  
**CLOCKWISE FROM ABOVE: Teams doing a shark workup on RV ANGARI. • Students from Royal Palm Beach Community High School help out with some turtles. • RV ANGARI is the Foundation's impressive 65-foot research vessel.**

cluding school visits, online lectures with scientists, and real-world research experiences aboard the R/V ANGARI.

ANGARI's annual celebration will be held on April 11 at Belle's Old Port Cove in North Palm Beach. Tickets are \$150 per person, and sponsorship opportunities remain available. To purchase tickets or become a sponsor, visit [angari.org/celebrate-2026](http://angari.org/celebrate-2026). ■



## TE E I N G O F F W I T H T O M S T I C K N E Y



TOM STICKNEY / COURTESY PHOTO

### The Top

**Tom Stickney**

Golf Pro



The Top of the backswing is where the backswing stops and the forward motion of the body and clubshaft begins. This is the position that will allow the downswing to begin without any manipulation.

**For the beginning player:**

- The shoulders have turned about twice as much as the hips
- There is a noticeable separation between the legs as if you were holding a beach ball between your knees
- The arms are extended away from the head with a left arm that is relatively straight but not rigid
- The rear knee is solid and has not swayed laterally; thus, the weight is centralized on the inside of the rear foot and the forward foot is on the ground or very close
- The head should remain relatively stable on the way to the top, it can move slightly laterally towards the rear foot

**For the intermediate player:**

- Focusing on lower body control is a must- the knees must remain separat-

ed and the forward foot must not be allowed to leave the ground haphazardly

- The head should be directly over the rear foot so you can be "behind the ball" or "loaded up" at the top- this is a necessity for power and control
- Maintain the "L" created by the rear arm at the top- do not let it collapse or break
- Rear knee control will create a more controlled hip turn to the top and a better foundation for the transition

**For the advanced player:**

- Halting the swing "from the feet" is advisable whereas your feet do not leave the ground and the weight stays on the inside of the rear foot at the top
- There is a noticeable "lean over the rear leg" at the top which was created by the lateral side bending at address; if your lower body is out of control or over-rotates then you will lose this angle
- It is here we desire a medium hip turn, a maximum shoulder turn, and a slight "lean over the rear leg." ■

*Tom Stickney is a full-time golf instructor with over thirty years of experience. He's been selected as one of the "Best Teachers in Florida" by Golf Digest Magazine, is the proud recipient of Golf Magazine's "Top 100 Instructors in America" award, and is ranked as one of the "Best Instructors in Florida" by Golf Digest. [toms@jonathanslanding.com](mailto:toms@jonathanslanding.com).*